

Partners:

AHEC West

Allegany College of Maryland

Allegany County Health Department

Allegany County Housing Authority

Cumberland Housing Authority

Frostburg Housing Authority

Tri State Community Health Center

*Cumberland City & Frostburg Police
Departments*

Allegany County Sheriffs Department

Allegany County Public Library System

Trivergent Health Alliance

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Yoga Mats donated by:

**Rising Sun Yoga & Art Studio,
Cumberland MD**



**GIVE BACK YOGA
FOUNDATION**

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Connect
•
Strengthen
•
Empower

Through wellness and Yoga



Why YOGA?

- Reduce stress
- Improve mood
- Decrease total-body tension
- Improve focus and concentration
- Reduce risk of injury
- Reduce anxiety levels
- Lower blood pressure
- Improve outlook on life
- Cultivate healthier relationships
- Improve lifestyle habits
- Improve sleep
- Decrease pain from many chronic conditions
- ...and so much more

What is *STEP*

A unique “one-of-a-kind” program in Allegany County to educate, motivate and strengthen women, arming them intellectually, psychologically and physically against the risks and ravages of opioid misuse.

A 10-week program beginning with 30-minutes of thought provoking education to strengthen your mind — followed by 60-minutes of calming Yoga to restore your body and spirit.

Yoga mats provided

Infused water/Healthy snacks

No cost to attend

Bring a friend

Call: 301.777.9150 ext.109

www.ahcstep.org

Wellness Education...

Stress reduction
Chronic pain management
Food as Medicine
Gratitude
Talking to healthcare providers

Health Coaching/Community Health Worker...

Ensure patient-centered care
Shared decision making
Linkage to support services
Support and friendship

Mind Body Skills...

Interpersonal connections
Increased self-awareness
Stress & anxiety reduction
Breathing techniques



Discover compassion, balance, and group support.